HOW TO KEEP YOURSELF SAFE FROM COVID-19 WHILE PROTESTING

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We support the right for individuals to express themselves. However, we urge all demonstrators to wear face coverings and try to maintain social distancing, both to protect themselves and to prevent further community spread of the virus. Please follow these tips to stay safe:

If you are sick, belong to a high-risk group for COVID-19 infection, or live or work with someone who is high-risk, do not attend these events in person. Consider safely protesting from within your car, donating to organizations or using social media platforms. Using noisemakers, drums, and written signs instead of chanting, shouting, singing etc. are ways that might reduce the spread of the virus.

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CARRY SHATTERPROOF GOGGLES AND A SALINE SPRITZ, IN CASE YOU ARE PEPPER-SPRAYED.

Soothing the irritant with a sterile solution can reduce coughing and sneezing, which are some of the major pathways through which COVID-19 is spread.

IF YOU PLAN TO ATTEND:

+ Wear a mask or facial covering

+ Try to maintain a safe physical distancing from others, especially high-risk individuals (6 ft/2m or more)

+ Do not shake hands, hug, or conduct long, face-to-face conversations. Say hello to your friends at a distance and promise to link up online when the event is over.

+ Self-isolate for two weeks after attending the protests to see if you develop COVID-19 related symptoms.

+ Get tested. Get a COVID-19 test approximately 5 days after attending these events (getting tested any sooner than 5 days risks false negatives or inaccurate results).

+ Bring hand sanitizer. Wash your hands frequently with soap and water after touching surfaces.

Harris County
Public Health
Building a Healthy Community

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